

# Center Operations

## Norman Park Staff

Shani Crawley  
Danette Myers  
Adolfo Herrera  
Krizia Peraza

Heder Dominguez  
Desiree Arizmendez  
Francisco Garcia  
Uba Abdi

### Fitness Center Hours

Monday, Wednesday, Friday 10:30AM–2:00PM  
Tuesday & Thursday 8:00 AM– 12:30PM

### Evening and Saturday Hours

Monday & Thursday 5:00 PM—7:00 PM  
Saturday 8:30 AM—11:00 AM

## Center Hours of Operation

Monday - Thursday, 8:00 AM - 7:00 PM

Friday - 8:00 AM - 5:00 PM

### Norman Park Center will be closed:

March 31– Cesar Chavez Day

## Phone Numbers

**Front Desk: 619-409-1930**

**Hostess Desk: 619-691-5023**



RECREATION DEPARTMENT  
*The Heart of the Neighborhood*  
www.chulavistaca.gov/rec  
270 F Street • (619) 409-1930



## Norman Park Center March & April



### Living Coast Discovery Center: Wednesday, March 4 @ 10:00-11:00am

Join us at the Norman Park Center for a special presentation by The Living Coast Discovery Center which inspires care and exploration of the living Earth by connecting people with animals. The presentation will consist of some history about the beautiful refuge, the animals that are local and then an encounter with one of our beautiful animal ambassadors.

Register at the front desk or online at [chulavistaca.gov/rec](http://chulavistaca.gov/rec)

### Singing Seniors St. Patrick's Performance: Tues, March 10 @ 1:30-2:30pm

Come watch the singing seniors perform a medley of Irish songs! Punch will be served for those who attend the performance.

### Potato Bake & Chili: Wednesday, March 18 @ 11:00-1:00pm

We will be hosting our annual potato bake in March. Come enjoy a large baked potato and chili with all the fixings. Space is limited so register early. Fee: \$5/Resident & \$6/Non-Resident / Register at the front desk or online at [chulavistaca.gov/rec](http://chulavistaca.gov/rec)

### Spring Pancake Breakfast: Wednesday, April 8 @ 10:30-12:00pm

Ring in spring with a relaxing morning as the Norman Park Staff serves you a delicious hot breakfast. Space is limited so register early! Fee: \$3/Resident & \$4/Non-Resident

Register at the front desk or online at [chulavistaca.gov/rec](http://chulavistaca.gov/rec)

### Aging and Our Ears: Monday, April 13 @ 10:00-11:00am

About one-third of Americans over the age of 65 have hearing problems. Hearing loss can come from many different causes such as growing older, ear wax build up, viral or bacterial infections, genetics, or tumors just to name a few. Learn more information on coping strategies and how to know when it's time to get a hearing aid. Do not let hearing loss get in the way of your ability to enjoy life! Register at the front desk or online at [chulavistaca.gov/rec](http://chulavistaca.gov/rec)



**Senior Services Update**

We are currently in the hiring process for our new part-time Recreation Supervisor I at Norman Park Center. Keep your eyes peeled for a new part time supervisor.

To be more environmentally conscience and reduce our high printing costs, our bi-monthly newsletter is now on the city website at [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec) or can be sent electronically via email. Please stop by the front desk to add your email to our list.

**Holiday Closures: Tuesday, March 31** in observance of Cesar Chavez day.

**CV Senior Club**

**Potluck & Bingo**  
**March 6 & 20 April 3 & 17**  
**Time: 12:00 - 2:00pm**

The Chula Vista Senior Club hosts a potluck while playing bingo on the 1st and 3rd Friday. Please bring a food item to share. Bingo cards are \$.50 cents each for club members, \$1 for non-members. Come for fun, stay for the NEW prizes!

**Board Members Needed**

The Senior Club is looking for a 2nd Vice-President, Treasurer, and Secretary. This is an excellent opportunity to contribute to both the Norman Park Center and the Chula Vista Senior Club. Join the board to be the voice of change!



**General Meeting & Board Meeting**

The next Senior Club Board meetings are scheduled for the 1st Monday of each month at 11am. The next meetings are schedule for

**March 2 at 11:00am**

**April 6 at 11:00am**

Immediately following the Board meeting is the general meeting which is open to all Senior Club members. Please join us to share your ideas and concerns.

**Live Band Dances**  
**March 5 and April 2**  
**Time: 1:00 - 3:30pm**

Dress your best for the Senior dance hosted by the CV Senior Club. Live band and light refreshments provided. Tickets sold at the door.

**\$5 / Club Members**  
**\$6 / Non Club-Members**

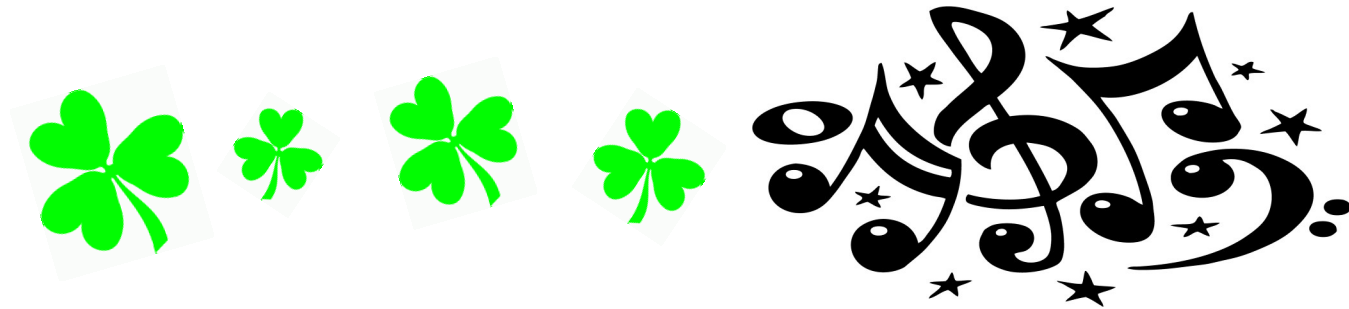
**Norman Park Events Continued**

**AARP Driver Safety Class**

**12:00 to 4:00pm**

**March 10 & 24 OR April 14 & 28**

Fee: \$15 for AARP members & \$20 non-members



**Services Available on the 2nd floor**

Norman Park Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello to them.

**Southern Caregivers Resource Center**

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultation and more. Caregiver Support Group meets the first and third Wednesday of the month from 4:30pm to 6:30pm. Call **619-729-2772 for more information**

**Meals-On-Wheels**

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers. Call **(619) 420-2782** or visit <http://www.meals-on-wheels.org/> for more information.

**Parkinson's Association**

The Parkinson's Association operates a broad array of support programs and services including in-home respite care, transportation program, training for nurses, sponsorship of a therapeutic singing group for Parkinson's patients, publication of a quarterly newsletter, and hosting of a SDPC internet website. Call **619-420-0076** or visit [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org) for more information.

# Senior Tech Computer Classes

## BEGINNING & INTERMEDIATE CLASSES

Fee: \$22 Resident/ \$28 Non-Res per 4 week session plus  
\*\$10 annual membership is required for all classes and lab hours

### INTRODUCTION TO COMPUTERS:

Roy/Joan	Wednesdays	April 8, 15, 22, 29	9:00am - NOON
	Wednesdays	May 6, 13, 20, 27	9:00am - NOON

### INTERMEDIATE COMPUTER CLASSES:

Kevin/Tom/Hazel	Tuesdays	April 7, 14, 21, 28	9:00am - NOON
	Tuesdays	May 5, 12, 19, 26	9:00am - NOON
	Tuesdays	June 2, 9, 16, 23	9:00am - NOON



### PRIVATE ONE-ON-ONE INSTRUCTION (Computer/Laptop/iPad/Kindle): \$10 per session (\$12.50 non-residents)

One-on-one instruction provided on any of the following: advanced internet, review of beginning classes, advanced word processing; computer maintenance; safe guarding your computer and file management. Please contact the Norman Park Center to schedule your lesson 619-409-1930.

**FREE INFORMATION CLASS** – This is a class designed to teach people with no computer skills what they will learn in each class. Register at the front desk or online. Pre-registration is REQUIRED. March 6, April 3 or May 1.

**Computer Lab Hours**— Fridays, 10 am – 12pm Kevin (not open on 1st Friday)  
\*\$10 yearly membership is required for lab hours.



## Other Club's News

### Club Amistad

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join.

El Club Amistad se Junta para varios eventos durante el mes. Los mayoría del grupo son personas se habla espanol pero todos son bienvenidos.

March 3– St Patrick’s dance  
March 17– Meeting, potluck and table games  
March 26– Spring dance

Call Marcela Meza for more information  
at (619) 990-2716.

### Garden Club

The Chula Vista Garden Club meets every 3rd Thursday of the month. The next meetings are scheduled for Mar 19 and April 16. **For more information call President Sandy Duncan (619) 691-1651.**

### Korean Club

The Korean group meets every month for a potluck.  
Upcoming Dates:Thursdays, March 12 and April 9.  
11am-2pm.\_Call Kim at (619) 585-9461 for information.

# Health & Safety

### Fitness Center

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines and free weights.

**Refer to back of newsletter for the fitness center hours of operation.**

### April—June Quarter :

\$35/Resident & \$56/Non-Res

### One Month Only:

\$15/Resident & \$20/Non-Res



### Circuit Training Class

The circuit training class works on strength & balance using a variety of fitness equipment . Participants are provided with a workout each week and work at their own level and pace. Sign up quarterly:

### April—June

Fee: \$12/Res & \$16/Non-Res.

### Healthier Living with Chronic Conditions

This six week workshop explores ways to reduce fatigue, anxiety, sleep loss, pain, and neuropathy in a supportive peer led environment. 6 week session on Fridays

**March 13 - April 17 @ 9:45am to 12:15pm**

To register or for more information call **(858) 495-5710**

### Parkinson’s Support Group

Meets the first Tuesday of every month in our conference room from 10 to 11AM. For more information, please call Jenifer at (858) 273-6763

### Men’s Health Discussion Group

March 9 & April 14 from 12:15-2:00pm

The men’s health discussion is led by Dr. Rosenblatt of Scripps Health Center. **Bring your own snack or lunch.**

### Blood Pressure Screenings

Free blood pressure screenings will be offered in the Norman Park lobby the 1st and 3rd Friday of the month from 9:00-10:00am.

### Your Heart, Your Life Series:

**Monday, March 9, 16, & 23 @ 10:00-11:00am**

Heart Disease is the leading cause of death in the United States. The heart is the vital organ that pumps blood and oxygen up into your brain and throughout your body. Learn ways to prevent heart disease by staying physically active and eating healthy and ways to improve your overall health.

**Register at the front desk or online at [chulavistaca.gov/rec](http://chulavistaca.gov/rec)**

### Instructors Needed!

Norman Park is looking to add some new classes as well as find some new computer class teachers. If you know somebody interested in teaching classes here or have an interesting talent and would like to teach it to others, please contact us at **(619) 409-1930.**





## Daily Events

Group	Day	Time
Art - Watercolors (Bring own supplies)	Mon	9:00 AM
Artist Social Group	Wed	9:30 AM
Bereavement Support Group	Thurs	10:30 AM
Blood Pressure Screening	1st & 3rd Fri	9:00AM
Billiards Tournament	4th Thurs	12:30 PM
Bridge	Wed	12:00 PM
Bridge - Duplicate Beginning	Tue	10:00 AM
Bridge - Chicago	Mon	12:00 PM
Bunco (Senior Club)	Fri	2:30 PM
Bunco Game Nights	Wed	5:00 PM
Circuit Training Class <b>Quarterly Fee: \$12 resident/ \$16 NR</b>	Mon/Wed (Pre-Register)	9:15 AM
Creative Writers	Tue	2:00 PM
Dance - Ballroom <b>Month of Classes</b> <b>Fee: \$10/Month \$3/Drop-In</b>	Mon (Pre-Register)	1:00 PM
Exercise with Kay	Mon/Wed	8:00 AM
Southwestern College Senior Exercise Class	Tue/Thurs	8:00 AM
Exercise - Longevity Stick	Tue/Thurs	9:00 AM
Guitar Beginner <b>Month of Classes</b> <b>Fee: \$21 Per Month</b>	Tue (Pre-Register)	11:00 AM
Knitting & Crocheting	Wed	9:30 AM
Line Dancing Intermediate Fee: \$20/month \$5/Drop-In	Tues	10:00 AM
Line Dancing Beginning Fee: \$20/month \$5/ Drop-In	Tues	11:00 AM
Line Danzzercise *See fee to right	Tue s & Thurs	5:00 PM
Mexican Train & Other Games	Wed	12:00 PM
Movie Monday—See office for movie list	Mon	1:00 PM
Pinochle	Fri	12:00 PM
Quilting	Thurs	10:00 AM
Senior Club Bingo	Fri	12:00 PM
Scrabble	M,W,F	12:30 PM
Feeling Fit (Women's Club Location)	Tue/Thurs	1:00 PM
Shuffleboard	Tue/Thurs	9:00 AM
Singing Informal	Tue	9:30 AM
Singing Seniors—Performance Based	Tue	1:30 PM
Spanish Conversation	M,W,F	10:00 AM
Strength Training	Wed	6:00 PM
World Affairs Discussion	Mon	10:00 AM
Yoga (Chair)	Wed	4:30 PM
Yoga (Gentle)	Thurs	4:30 PM
Yoga	Fri	8:00 AM
Zumba \$1 Seniors /\$2 Adults	Mon/Wed	5:00 PM

**PLEASE NOTE:** All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

### Line Danzzercise

Designed for beginning or intermediate dancers. Register at the front desk or online.

**Fee: \$18 a Month or \$5 per class**

### Beginning Ballroom Dance

Improves the physical and emotional condition of seniors. Classes taught are Waltz, Foxtrot, Cha-Cha, Rumba, Salsa, and East Coast Swing.

Mondays at 1:00-2:30pm

**Fee: \$10 a Month or \$ 3 per class**

### Craft Class

Join us to explore your creative side and make some holiday themed crafts & decorations. Must pre-register! Time: 2:00-4:00pm

**March 17: Irish Potato Jewelry**

**April 21: Silk Floral Baskets**

### Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

**March 11 at B.J's**

Chula Vista Mall, 555 Broadway

**April 08 at Marie Callender's**

330 F St  
Chula Vista, CA

## Older Adult & Senior Classes and Activities Across the City

The Recreation department offers a variety of recreation programs that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation department's website for older adult and senior programming at a facility near you. [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

### Parkway Community Center

**373 Park Way**  
**(619) 409-1980**

#### Intermediate Ballroom Dancing

Tuesdays 12:00-1:30pm

March 3– March 24

Improves physical and emotional conditions of senior citizens. Classes taught are Waltz, Foxtrot, Cha-Cha, Rumba, Salsa, and East Coast Swing.



### Water Aerobics M/W/F @ 11am-12pm

**At Loma Verde Pool: Jan 26– Feb 27**

1420 Loma Lane, 619-409-1987

\$4/class or 10 classes for \$35



### Loma Recreation Center

**1420 Loma Lane, (619) 409-1939**

AM Exercise Tuesdays & Thursdays

9-10am, \$3 drop in or a monthly fee which varies month to month



### Salt Creek Recreation Center

**2710 Otay Lakes Rd**  
**(619) 585-5739**

Free: Ping Pong and Badminton

#### Senior Weight Training

Fee: \$50 Res/ \$63 NR

8:10-9:00am, Tuesdays

April 7— June 9



### Heritage Community Center

**1381 E Palomar St**  
**(619) 421-7032**

Adult Painting , Yoga, Zumba and Cardio Kickboxing



### Monteville Recreation Center

**840 Duncan Ranch Rd, (619) 691-5269**

Pickle Ball, Line Dancing, Painting, Swing and Ballroom Dance classes

